

TAX HELP PROGRAMS

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 7th through April 10th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

"CIRCUIT BREAKER" TAX CREDIT

The "Circuit Breaker" Credit is a real estate tax credit available to persons age 65 and older. You do not need to normally file an income tax return to be eligible; however, the Massachusetts income tax form is the vehicle used to get the refund. You can file for the current 2011 tax year as well as retroactively for the years 2010, 2009, and 2008. The amount you receive is based on a formula. The maximum credit for the 2011 tax year is \$980. You must be 65 by December 31st of the year for which you are filing. This program is available for both homeowners and renters. For more information, you may call The Massachusetts Department of Revenue Customer Service Bureau at 617-887-MDOR or toll free 1-800-392-6089. To apply for this program, you may contact Noreen Sherys, Community Social Worker, at the senior center by calling 508-543-1252.

Monday, January 23

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

Coffee with the Veteran's Agent 2:00 p.m.

Tuesday, January 24

Stretch & Balance 8:30 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Medicare Presentation 2:00 p.m.

Talespinners 2:00 p.m.

Wednesday, January 25

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: The Louvre 11:30 a.m.

Luncheon Outing @ LongHorn Restaurant 1:00 p.m.

Zumba 2:30 p.m.

Thursday, January 26

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Chair Massage (by appointment) 9:00 a.m.

Loss of Spouse/Partner Bereavement Group (for registered participants) 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Class 2:00 p.m.

Friday, January 27

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.
Cribbage 11:00 a.m.
Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

VALENTINE'S TEA PARTY

Treat yourself to a special Valentine's Tea on Thursday, February 9th from 1:00 p.m. until 2:30 p.m., hosted by Joanne Pratt. Indulge in delicious goodies and fine teas while you relax and enjoy the company and conversation with each other. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, February 6th or until all spots are filled, whichever comes first. In honor of Valentine's Day, please wear red for the event, and as always, bring your favorite tea cup.

DISABILITY PLACARDS AND PLATES

On Thursday, February 2nd at 11:00 a.m., the Registry of Motor Vehicles will offer a free presentation at the senior center on how to obtain a disability placard or plate and the laws governing them. The workshop will also provide safety tips for drivers. Please call us at 508-543-1252 to sign-up for this important and informative program.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: February 15th, 22nd and 29th. Then watch for upcoming details on our March 1st Social at Lake View Pavilion where you will be able to put your new steps and dances into action! Please call the senior center at 508-543-1252 to sign-up.

LOSS OF A SPOUSE/PARTNER BEREAVEMENT GROUP

Harbors of Hope Adult Bereavement Program at Beacon Hospice, Inc. will be offering a new bereavement group in the New Year at the senior center. This group is for anyone that is experiencing grief related to the death of a spouse or life partner. This group will provide participants with a safe place to meet others who understand, as well as healing activities that facilitate support, connection and comfort. There are 8 sessions for this series which will meet every other week. The group extends from January to May and will be held from 1:00 p.m. to 2:30 p.m. on 1/25, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18 and 5/2/2012. Please call by 1/20/2012 to register. This support group is free, confidential and open to anyone in need of grief support. Please call Lisa Bradley, MSW, LCSW, Bereavement Coordinator and Registered Art Therapist, at 508-324-1900 to register or if you have any questions about grief support.

MEDICAL INFORMATION AND SERVICES

VNA CARE NETWORK IS OFFERING A FREE PRE-DIABETES PROGRAM

Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a free two-part Pre-diabetes Program at Foxborough COA. Pre-diabetes has become a major health concern. In fact 79 million people in the United States have pre-diabetes and the number is increasing, particularly among seniors. Pre-diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two part program will evaluate your risk for pre-diabetes. The first session will be held on Thursday, February 2nd from 9:30 a.m. to 11:30 a.m. An appointment is necessary. A VNA Care Network Registered Nurse will

meet individually with each participant to help identify personal risks and provide information to help minimize risks. The second session on Thursday, February 9th at 10:00 a.m. is a more in-depth group talk which highlights helpful strategies including healthy recipes. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign up for an appointment, please contact the Foxborough COA at 508-543-1252.

CHAIR MASSAGE

Meet Dan McComiskey, a Licensed Massage Therapist as well as the owner of "A New Vision Family Massage Therapy" now located at 21 Cocasset Street, Suite #3, Foxborough, MA. Dan is beginning to offer Chair Massage Therapy at the Foxborough Senior Center and will be here every other Thursday morning. His next scheduled day will be on January 26th beginning at 9:00 a.m. Dan will provide a 15 minute chair massage for \$10. There are so many studies that reveal just how important and beneficial massage can be for seniors. It helps to achieve physical benefits such as stress reduction, improved immune system, improved circulation of both blood and lymph fluids, as well as reduction of pain. The emotional benefits include alleviating depression, relieving isolation, enhancement of self-image, as well as a reduction in levels of anxiety. Finally, some of the mental benefits are a reduction in agitation in Alzheimer's patients, as well as an increase in clearer thinking. Please call 508-543-1252 to arrange for your appointment.

WHAT'S NEW IN MEDICARE FOR 2012?

On Tuesday, January 24th at 2:00 p.m., Council On Aging & Human Services Outreach Worker, Ken Levy will give a presentation covering some of the more important recent changes in Medicare. Topics will include the 2012 Part B Premium, the Medicare Annual Physical, Medicare Preventive Benefits, and when you can drop or change a Part D or Medicare Advantage Plan. Also to be covered are programs that can help with coverage in the Medicare Drug Plan "donut hole," and where to go for help with Medicare related questions or problems. This program is FREE and open to all. To be sure of a place (and so we can run off enough handouts), please call 508-543-1252 to say you're coming.

REGULARLY SCHEDULED

MEN'S BREAKFAST

Join us for a delicious breakfast and some socialization on Thursday, January 26th. Come and meet the Town Planner, Sharon Wason and Planning Board Vice Chairman, Bill Grieder. Hear about upcoming plans for Foxboro and ask the questions you have. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, January 24th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, February 2nd at 1:00 p.m. If you would like to participate in this group, please call 508-543-1252.

COMPUTER CLASSES

Our next session of beginner computer classes will be held each week beginning at 1:00 p.m. on Thursdays from February 2nd through February 23rd. The intermediate level Computer Club will follow at 2:00 p.m. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level as well as offering computer classes at other area senior centers. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

MANICURES

Welcome Sheri Thorpe, our new manicurist! Sheri will be here on Tuesday, January 31st beginning at 9:30 a.m. for 30 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, February 1st at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on January 23rd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

COFFEE HOUR WITH THE VETERAN SERVICES OFFICER

Veterans' Agent, Mike Johns, will be holding a coffee hour at the senior center on the 4th Monday of each month. He will hold the next coffee hour on Monday, January 23rd at 2:00 p.m. Stop in to meet, say hi or to set up a future appointment. All veterans, veterans' dependents or veterans' widows/widowers are welcome to drop in with questions, concerns or to learn about benefits. If you are unable to attend the coffee hour at the senior center, Mike can be reached by calling the Veterans Office at town hall at 508-543-1204. His office hours at town hall are Monday, Wednesday, and Thursday 8:30 a.m. – 4:00 pm; Tuesday 8:30 a.m. – 8:00 p.m.; and Friday 8:30 a.m. – 12:00 p.m. You may also reach Mike through the town website at

http://www.townfoxborough.us/pages/FoxboroughMA_Veteran/index

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

January 25 Luncheon Outing @ Long Horn

February 1 Dollar Tree Store

February 8 Christmas Tree Shops

TRAVEL AND ENTERTAINMENT

"LUCK OF THE IRISH"

Come along with us to the "Luck of the Irish" St. Patrick's Day Celebration on March 15th in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don't have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland's most popular exports. The cost for this fun and festive day is \$73 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, February 10th. Your motorcoach bus will depart

from St. Mary's Church parking lot at 9:00 a.m. on Thursday, March 15th and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 23

Meatball Sub Sandwich
O'Brien Potatoes
Chuck Wagon Blend Vegetables
Sub Roll
Mandarin Oranges

Tuesday, January 24

Apple Cider
Beef Stew W/Vegetables
Garlic Mashed Potatoes
Whole Wheat Roll
Pudding

Wednesday, January 25

Happy Birthday

Meatloaf W/Gravy
Whipped Potatoes
Cut Green Beans
Whole Wheat Bread
Birthday Cake

Thursday, January 26

Cream Of Broccoli Soup
Buttermilk Chicken
Mashed Sweet Potatoes
Multigrain Roll
Fresh Fruit

Friday, January 27

Crunchy Fish Sandwich
Tartar Sauce
Rice & Beans
Tomato & Zucchini
Hamburger Roll
Fruited Jello